

Write your **Identification Number** here: _____

Nutrition Education Survey

(NES)

2007-08

Prepared by
the Research and Evaluation Unit
of the *Network for a Healthy California*

Confidentiality information to be explained to students

We would like for you to complete this survey. You may skip questions you do not want to answer but we hope that you will answer all of them. Any information about who you are will be kept secret. We will not share your name or identification number. They will only be used for reports.



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a Healthy California*.



Directions: This is a survey to find out about what you know, like, think and do about healthy eating and fruits and vegetables. Fill in the bubble (O) of the one best answer for each question. Do NOT write your name anywhere on this survey.

The questions in this section ask what your friends think about eating vegetables and fruit. Please bubble in one answer to each question.

	Yes	No	I don't know
1. Do most of your friends like to eat fruit?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Do most of your friends eat fruit every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Does your best friend eat fruit everyday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Do most of your friends like to eat vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Do most of your friends eat vegetables every day?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Does your best friend eat vegetables everyday?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions in this next section ask how often your parents eat fruit and vegetables. Please bubble in one answer to each question.

	Never	A few days a week	Most days a week	Every day	I don't know
7. How often do your parents eat fruit?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. How often do your parents eat vegetables?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions in this next section ask how sure you are that you can ask and shop for fruit and vegetables. Please bubble in one answer to each question.

How sure are you that you can:	I disagree very much	I disagree a little	I am not sure	I agree a little	I agree very much
9. write my favorite fruit or vegetable on the family's shopping list	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. ask someone in my family to buy my favorite fruit or vegetable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. go shopping with my family for my favorite fruit or vegetable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. pick out my favorite fruit or vegetable at the store and put it in the shopping basket	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. ask someone in my family to make my favorite vegetable dish for dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. ask someone in my family to serve my favorite fruit at dinner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. ask someone in my family to have fruits and fruit juices out where I can reach them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. ask someone in my family to have vegetables cut up out where I can reach them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions in this section are about what you think will happen if you eat fruit and vegetables. Tell us how much do you agree or disagree with the following statements? Please bubble in one answer for each question.

	Disagree	Not Sure	Agree
17. I will have more energy for playing (sports, recess or after school) if I eat fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I will get sick more often if I don't eat fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. Eating fruits and vegetables will help me grow.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I will have healthier skin if I eat fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. If I eat fruits and vegetables, I will have stronger eyes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. If I eat fruits or vegetables at breakfast, I will be able to think better in class.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. Eating fruits and vegetables will keep me from getting cavities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions in this next section ask what your teacher tells you about eating fruit and vegetables. Please bubble in one answer to each question.

Does your teacher tell you...	Yes	No	I don't know
24. ... that vegetables are good for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. ... that vegetables are healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. ...that vegetables taste good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. ...to eat vegetables every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. ...that fruit is good for you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. ...that fruit is healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. ...that fruit tastes good	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
31. ...to eat fruit every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

The questions in this next section ask why you may or may not eat fruits and vegetables. Please fill in one answer for each question.

32. At your home do you have fruits to eat?

- ☐ Never
- ☐ Sometimes
- ☐ Always
- ☐ I don't know

33. At your home do you have vegetables to eat?

- ☐ Never
- ☐ Sometimes
- ☐ Always
- ☐ I don't know

The next set of questions is about how much you eat. (Please bubble your answer)

34. Yesterday, did you eat any vegetables?

Vegetables are all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes.

Do not count French fries or chips.

- ☐ No, I didn't eat any vegetables yesterday.
- ☐ Yes, I ate vegetables 1 time yesterday.
- ☐ Yes, I ate vegetables 2 times yesterday.
- ☐ Yes, I ate vegetables 3 or more times yesterday.

35. Yesterday, did you eat fruit?

Do not count fruit juice.

- ☐ No, I didn't eat any fruit yesterday.
- ☐ Yes, I ate fruit 1 time yesterday.
- ☐ Yes, I ate fruit 2 times yesterday.
- ☐ Yes, I ate fruit 3 or more times yesterday.

36. Yesterday, did you drink fruit juice?

Fruit juice is a 100% juice drink like orange juice, apple juice, or grape juice.

Do not count punch, Kool-Aid®, sports drinks and other fruit-flavored drinks.

- ☐ No, I didn't drink any fruit juice yesterday.
- ☐ Yes, I drank fruit juice 1 time yesterday.
- ☐ Yes, I drank fruit juice 2 times yesterday.
- ☐ Yes, I drank fruit juice 3 or more times yesterday.

Now we want to know how active you are. Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Please bubble one answer for each question.















Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time.

Physical activity can be done in sports, playing with friends, or walking to school.

Some examples of **physical activity** are running, brisk walking, and rollerblading.

37. Over the past 7 days, on how many days were you physically active for a total of at least 60 <u>minutes</u> per day?							
<input type="radio"/> 0 days	<input type="radio"/> 1 Day	<input type="radio"/> 2 Days	<input type="radio"/> 3 Days	<input type="radio"/> 4 Days	<input type="radio"/> 5 Days	<input type="radio"/> 6 Days	<input type="radio"/> 7 Days
38. Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?							
<input type="radio"/> 0 days	<input type="radio"/> 1 Day	<input type="radio"/> 2 Days	<input type="radio"/> 3 Days	<input type="radio"/> 4 Days	<input type="radio"/> 5 Days	<input type="radio"/> 6 Days	<input type="radio"/> 7 Days

Now we want to know how much you like some foods. (Please bubble in your answer)

39. How much do you like these fruits and vegetables?		I like this a lot 	I like this a little 	I do not like this 	I don't know what this is 
Asparagus.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried Plums		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Green Beans.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kiwifruit.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mandarins		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Melons		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persimmons.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salad Greens.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spinach.....		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sweet Potatoes...		<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In this section, we want you to tell us what you know about healthful eating.

Please bubble your answer

40. Eating fruits and vegetables can help lower your chances of getting heart disease or cancer. <input type="radio"/> True <input type="radio"/> False <input type="radio"/> Don't know
41. Fruits and vegetables that are high in Vitamin A are _____ in color. <input type="radio"/> Red and white <input type="radio"/> Blue and light brown <input type="radio"/> Yellow-orange and dark green <input type="radio"/> Brown and purple <input type="radio"/> I don't know
42. Almost all fruits and vegetables contain a lot vitamins and _____. <input type="radio"/> Protein <input type="radio"/> Fiber <input type="radio"/> Cholesterol <input type="radio"/> Fat <input type="radio"/> Don't know
43. Which of the following fruits and vegetables are grown in California: <input type="radio"/> Spinach <input type="radio"/> Apples <input type="radio"/> Pears <input type="radio"/> All of the above
44. Fruits and vegetables, like apples and pears, are best when eaten with the peel because that is where most of the fiber and antioxidants are. <input type="radio"/> True <input type="radio"/> False <input type="radio"/> Don't know

The last few questions are about you. Please bubble one answer for each question.

45. What grade are you in? (Fill in one answer)

- | | | |
|---|---|--|
| <input type="radio"/> 4 th grade | <input type="radio"/> 7 th grade | <input type="radio"/> 10 th grade |
| <input type="radio"/> 5 th grade | <input type="radio"/> 8 th grade | <input type="radio"/> 11 th grade |
| <input type="radio"/> 6 th grade | <input type="radio"/> 9 th grade | <input type="radio"/> 12 th grade |

46. How old are you? (Fill in one answer)

- | | | |
|------------------------------------|------------------------------------|------------------------------------|
| <input type="radio"/> 8 years old | <input type="radio"/> 12 years old | <input type="radio"/> 16 years old |
| <input type="radio"/> 9 years old | <input type="radio"/> 13 years old | <input type="radio"/> 17 years old |
| <input type="radio"/> 10 years old | <input type="radio"/> 14 years old | <input type="radio"/> 18 years old |
| <input type="radio"/> 11 years old | <input type="radio"/> 15 years old | |

47. Are you a boy or a girl? (Fill in one answer)

- ☐ Boy
- ☐ Girl

48. Are you Hispanic or Latino?

- ☐ Yes
- ☐ No

49. What is your race? (**Select one or more responses.**)

- ☐ American Indian or Alaska Native
- ☐ Asian
- ☐ Black or African American
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ White